



Armadale Masters Swimming Club



Hi Swimmers,

Tuesday's night saw another strong turnout for aerobics with eight members completing fifteen swims in total. Jeff Sanders got a little carried away and did three (not like Jeff to get carried away). Thank you to all who help out with timekeeping because without you there is no aerobics.

No stand out swims with most swimmers someway off their PBs. Liz Dunn did a $\frac{1}{2}$ hour swim and covered a distance of 1325m in the 30 minutes. Liz could not believe it she when told, she was certain that she had done 1500m. Either wishful thinking on Liz's part or she can't count!!!!

Check out your results. There is likely to be a steward's enquiry into the performance of one of the female swimmers.

Graham.